



## JANUARY - MARCH 2006 EVENING PROGRAMS

No classes on following dates: January 2, January 16 & February 20



### Aerobics

**Mondays & Wednesdays 7 - 7:45 p.m.**

A low-impact total body workout for all fitness levels.

#### 1-day option

**January 4 - 30** 5 classes \$15

**February 1 - 27** 5 classes \$15

**March 1 - 29** 5 classes \$15

#### 2-day option

**January 4 - 30** 7 classes \$21

**February 1 - 27** 7 classes \$21

**March 1 - 29** 9 classes \$27

### Contemporary Line Dance

**Thursdays 6 - 7:30 p.m.**

Contemporary Social Mainstream Line Dances (as taught in international dance clubs and at mainstream line dance events) will be taught at a slower, more detailed pace for entry level, novice and newer dancers using a very diverse collection of music, including Oldies, Country, Rock, Big Band, Ethnic and Top 40! The class will be tailored to the participants' needs/levels and will develop at a pace comfortable for dancers, while stressing fun, laughter and camaraderie! **To introduce this new class, we are offering the first session FREE!**



**January 5** FREE!  
**January 12 - March 2** 8 classes \$24

### Creative Writing

**Mondays 6 - 7:30 p.m.**

Using a balance of lectures and exercises designed to generate writing ideas, you will gain a sense of what types of writing you favor and how to go about writing in that form. You'll receive feedback on your work in a supportive environment. Everything is presented in a clear, accessible manner. The class will also utilize the SeniorNet Computer Learning Center for word processing and other assignments. All skill levels are encouraged to join this class.

**March 6 - April 3** 5 classes \$25

### Yoga - Intermediate

**Thursdays 6 - 7 p.m.**

For more of a challenge, learn more modified sun salutations and go further in your yoga practice.

**January 12 - February 16** 6 classes \$18

**February 23 - March 30** 6 classes \$18

### One-Stroke Painting

**Tuesdays 6 - 8 p.m.**

Learn to blend, shade & highlight by putting multiple colors on the paintbrush to create those effects with one stroke of the brush. You will paint a different subject in each class. **Supplies included.**

**January 3 - 24** 4 classes \$30

**February 7 - March 7** 4 classes \$30

(No class February 14)

### Introduction to Stamp Art

**Thursdays 6 - 8 p.m.**

Learn how to make beautiful and decorative cards and other stampable items. The classes will focus on making a card & candle, and items with a Valentine's theme. **Class supplies extra and payable to instructor.**

**January 5 - February 9** 5 classes \$15

No class January 19

### Snowman Wreath

**Wednesday 6 - 8 p.m.**

Make a beautiful and festive wreath with a handpainted snowman in the middle. A perfect winter decoration for you front door. **Class supplies extra.**

**January 4** 1 class \$3

### Hanging Lace & Fabric Heart

**Wednesday 3 - 5:30**

Feel the love when you cut, trim and glue a unique lace and fabric heart to decorate your home or give to a special someone. **Class supplies of \$5 payable to instructor.**

**February 1** 1 class \$5

### Shamrock Basket

**Wednesday 3 - 7 p.m.**

You'll have the luck of the Irish with this beautifully handcrafted basket with a tin-punch shamrock on the front. **Class supplies of \$10 payable to instructor.**

**February 22** 1 class \$3

